



KidsHealth.org/classroom

Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

Your state's school health policies:
nasbe.org/HealthySchools/States/State_Policy.asp

In the cafeteria or dining hall, students are basically on their own, deciding what and how much to eat. And what are the choices? Typically, salads and standard protein-vegetable-starch meals are presented alongside sugary drinks, chips, and desserts. There's great potential for unhealthy eating - and a great opportunity to learn responsible nutrition.

Related KidsHealth Links

Articles for Teens:

Healthy Dining Hall Eating

KidsHealth.org/teen/food_fitness/nutrition/dining_hall.html

Eating Well While Eating Out

KidsHealth.org/teen/food_fitness/nutrition/eating_out.html

The Power of Packing

KidsHealth.org/teen/school_jobs/school/packing.html

Your Secrets to Healthy Snacking

KidsHealth.org/teen/teen/food_fitness/nutrition/snacking.html

The Food Guide Pyramid

KidsHealth.org/teen/food_fitness/nutrition/pyramid.html

Figuring Out Fat and Calories

KidsHealth.org/teen/food_fitness/nutrition/fat_calories.html

A Guide to Eating for Sports

KidsHealth.org/teen/food_fitness/nutrition/eatnrun.html

How Can I Lose Weight Safely?

KidsHealth.org/teen/food_fitness/nutrition/pyramid.html

Discussion Questions

Note: The following questions are written in language appropriate for sharing with your students.

1. What foods do students typically eat in the dining hall, and which ones do they typically avoid? Do you see your classmates eating healthy meals or not-so-healthy ones? Do some classmates skip lunch?
2. What foods do you wish they sold at school? Are there any foods that you'd like them to get rid of?
3. Compare the foods you eat for lunch at school to those you eat at home. Are they different? Do you eat more or less at school compared to home? Do you eat a healthier meal if you pack your lunch or if you buy it?



Activities for Students

Note: The following activities are written in language appropriate for sharing with your students.

Fran, the Super Lunch Lady

Objectives:

Students will:

- Consider the foods served in the cafeteria and their nutritional value
- Identify some problems that arise in food availability, choices, and behaviors

Materials:

- Pen or pencil
- Fran, the Super Lunch Lady handout (available at: KidsHealth.org/classroom/9to12/personal/nutrition/school_lunch_handout1.pdf)

Class Time:

1 hour

Activity:

You know how you're not supposed to use a knife to get toast out of a toaster? Well, high school lunch lady Fran never heard that advice. The toast got jammed, she picked up a knife, and ZZZZZT!!!

Now Fran isn't your typical lunch lady - she's a lunch lady with superpowers. Sure, she looks normal in her smock and comfortable shoes, but don't be fooled. Beneath her hairnet is the keen mind of a secret agent, dedicated to your nutrition. She wants you to eat a healthy lunch, and she'll take on anyone or anything that gets in your way.

Using the handout, create a comic strip of one of Fran's adventures. Is the school board telling her that ketchup is a vegetable? Is a student having three root beers for lunch? Does the latest super-thin celebrity inspire people to skip meals? Fran is ready to take on any challenge you throw her way! On the line below the comic strip, explain the message of the comic strip in one sentence.

Extensions:

1. Every good superhero needs a sidekick. In a second comic strip, create a sidekick for Fran. Be sure that in your plot, the duo fights for the good nutrition of the students they've vowed to serve.
2. Share the comic strips with the class. Are there some really good ones? Try putting them together in a book or Web page and making them available to other students. You could even sell copies of the comic book to raise money for local food banks.



Go, Slow, and Whoa!

Objectives:

Students will:

- Think critically about food choices
- Evaluate foods served in their school for nutritional value

Materials:

- Computer with Internet access and printer, or old magazines
- Large paper or poster board
- Art supplies (colored pencils, markers, crayons)
- Glue

Class Time:

1 hour

Activity:

The U.S. National Heart, Lung, and Blood Institute (NHLBI) suggests that people think about whether foods are Go, Slow, or Whoa foods. You can have Go foods almost anytime. Slow foods are “sometimes foods,” meaning you can eat them a few times per week but shouldn’t have them every day. Finally, Whoa foods are the ones that make people say, “Whoa! Should I eat that?” They’re the least healthy and the most likely to cause weight problems, especially if a person eats them all the time. Whoa foods are OK every once in a while.

Your dining hall serves Go, Slow, and Whoa foods. To help your classmates make good selections, make Go, Slow, and Whoa posters to display in the dining hall. Each poster should include at least five foods that are served in your dining hall. You can either make the design with food names written out, draw the foods, or use images from magazines or the Internet.

Extensions:

1. You’ve thought about the nutrition and calories of the foods served at school. Make another poster in which the whole rectangular poster is the food tray. It can be an example of healthy or not-so-healthy nutritional choices.
2. Why not make food choices even easier? Talk to your school about adding Go, Slow, and Whoa next to the entries on the lunch menu. You and your classmates can help classify the foods.

Reproducible Materials

Handout: Fran, the Super Lunch Lady

KidsHealth.org/classroom/9to12/personal/nutrition/school_lunch_handout1.pdf



Personal Health Series School Lunch

Name:

Date:

Fran, the Super Lunch Lady

Instructions: Create a comic strip of one of Fran's adventures. Is the school board telling her that ketchup is a vegetable? Is a student having three root beers for lunch? Does the latest super-thin celebrity inspire people to skip meals? Fran is ready to take on any challenge you throw her way! On the line below, explain the message of the comic strip in one sentence.

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